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Caged kids reach \$1.2M settlement

OHIO Eleven adopted and foster children forced to sleep in cages by their adoptive parents have reached a \$1.2-million settlement with the Ohio county where they once lived.

Lawyers for the children contended Huron County children's services workers should have discovered what was, before they did and removed the children.

"There were red flags that should have had the county in there sooner," said attorney Jack Landskroner.

Instead of filing a lawsuit, attorneys for the children negotiated with the county on the settlement, announced yesterday.

The children suffered from problems such as fetal alcohol syndrome and ranged in age from 1 to 14 when authorities removed them from their Norwalk home in 2005. Their adoptive parents, Michael and Sharen Gravelle, are serving two-year prison terms for abusing some of the children. **THE ASSOCIATED PRESS**

News on the Move

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Metro Homes pg 15



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Liberal Leader Michael Ignatieff shows his approval as he eats a seal meat appetizer during an event marking the first time seal meat is served in the parliamentary restaurant on Parliament Hill yesterday.

Mmm, it's good?

Parliamentary restaurant serves up seal meat solidarity

TRACEY TONG
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Canada's parliamentarians were united yesterday by a bit of furry sea mammal, a gathering that drew strong rebuke from animal rights activists.

MPs and senators of all stripes broke bread at a special luncheon on Parliament Hill, united by a menu that featured seal meat.

It's the first time seal has been served in the 100-year history of the parliamentary restaurant.

The event was staged by Liberal Senator Celine Hervieux-Payette to show support for Canada's beleaguered seal industry, which is facing a European ban.

Fisheries Minister Gail Shea and Liberal Leader

"I do think sealers would be better served by a government that would help transition (them) into other forms of employment and income."

Sheryl Fink, activist

Michael Ignatieff were among MPs from all four parties who attended.

Outside Parliament Hill, people, including members of the Ottawa Animal Defense League, protested Canada's seal hunt.

"We're here to represent the majority of Canadians who want to see the seal hunt ended, and who want to point out what this luncheon really is, which is a political stunt to try to raise the profile of certain politicians and try to get votes from Atlantic Canada

in the next election," said Sheryl Fink, senior research and project specialist with the International Fund for Animal Welfare.

"We're opposed to paying for it with our tax dollars," said Fink.

"We're opposed to our taxes being used to send junkets overseas to try to promote seal products.

"I do think sealers would be better served by a government that would help transition (them) into other forms of employment and income."

Fink, who has attended seal hunts with IFAW as an observer, said there are "a lot of examples of cruelty that cannot be prevented in such a large-scale competitive commercial hunt like Canada's commercial seal hunt."

"The Canadian government is spending millions of our tax dollars to prop up an embarrassingly cruel slaughter," said Ottawa Animal Defense League member Emily Lavender.

"It ruins our reputation around the world," added Ottawa resident Louise Legler of the hunt.

"I wish they'd get with the rest of the world," said Ottawa resident Lennox White. "They should invest in seal-watching and ecotourism."

WITH FILES FROM
THE CANADIAN PRESS

5 city men charged in porn bust

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

SWEEP Five Ottawa men have been charged in a massive child pornography sweep spearheaded by the Provincial Strategy to Protect Children from Sexual Abuse and Exploitation on the Internet.

The investigation, headed by the Ontario Provincial Police, resulted in the execution of 44 search warrants and 122 charges against 35 individuals for possession, making and distribution of child pornography and various drug offences.

Also, two child victims have been identified, one in Ontario and one outside of Canada, and numerous charges regarding possession of prohibited weapons have been laid. Police have issued warrants for the arrests of Alex Mason, 29, and Jean Michel Duval, 26.

"Every image of child pornography represents a child victim. Every trading or transmission of that image represents a re-victimization of that child," said OPP Commissioner Julian Fantino. "The police services associated with the provincial strategy remain steadfast in their resolve to hunt down these child predators and keep our communities safe."


Charged

• In Ottawa, police charged five men. Edwin Khatab, 33, Michael McCurdy, 23, and a 17-year-old offender appeared in court yesterday. Police have issued warrants for the arrests of Alex Mason, 29, and Jean Michel Duval, 26.

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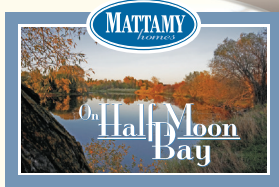
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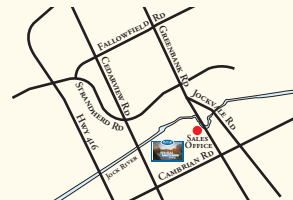
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Local



Easter Bunny offers pet-friendly photo-op

They may not be able to enjoy the chocolate goodies, but pets can have their photos taken with the Easter Bunny when he hops into town for an Ottawa Humane Society fundraiser this month. The Easter Bunny will be at Lincoln Fields Shopping Centre this weekend and Westgate Shopping Centre next weekend. All proceeds benefit the animals at the OHS. METRO OTTAWA

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Scan this barcode for more Local news on your smartphone. Learn how to scan the barcode with the instructions at the top of this page.

News in brief

ELECTION Two more candidates have registered for city council spots. Derek Hallworth has registered to run in Barrhaven Ward. He is the only candidate registered in the ward currently held by Jan Harder. Ron Le Blanc is the second person to register in Capital Ward. Le Blanc is strongly opposed to the Lansdowne Park development plan. Mano Hadavand is already registered. The current councillor of that ward, Clive Doucet, has not decided whether to seek re-election. METRO OTTAWA

metronews.ca

What's online today.

Video Expensed video games and more earn top honours at annual awards for wasteful political spending at metronews.ca/canada

Blogs SpinDoctor wonders about a federal budget speech that could be confused for a stump speech

Lotteries

Lotto 6/49: 8, 12, 28, 30, 38 & 48. Bonus 2
Ontario 49: 1, 2, 24, 37, 43 & 49. Bonus 39
Ontario Pick 3: 968; **Ontario Pick 4:** 3114
Encore: 8273705
Daily Keno: 1, 6, 7, 10, 12, 15, 16, 19, 27, 28, 30, 33, 37, 41, 45, 51, 60, 65, 67, 69.
 These results are not official.

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Protesters rally against HST on First Nations

Traditional point-of-sale exemption ignored by federal government: Chief

TRACEY TONG
 tracey.tong@metronews.ca

Thousands of First Nations people and their supporters attended a rally on Parliament Hill yesterday to protest the Harmonized Sales Tax on Canada's First Nations.

"We're bringing attention to the federal government and to the Canadian public that again, (the government has) failed to honour the treaties," said Angus Toulouse, Ontario regional chief with the Assembly of First Nations.

"We want the federal government to sit down and honour the treaties and honour the point-of-sale exemption that all of these people have been exercising since they were born."

The federal government has failed to consult with the First Nations people, said Toulouse.

"You need to sit down



Thousands protested the HST on Canada's First Nations yesterday at Parliament Hill.

with us ... At least we have the province now, sitting down with us and agreeing with us in terms of wanting to ensure the point-of-sale exemption

continues. And what we have is the federal government not ready and willing to sit down with the First Nations leadership, which is why the First Na-

tions community has come to Ottawa to raise the attention of the federal government."

Toulouse believes there will be more rallies lead-

ing up to the HST taking effect on July 1.

Toulouse said that those who attended yesterday were glad to see the support from other communities.

NDP Leader Jack Layton, along with other NDP members, came to show his support.

"Let's be clear what this HST is all about — giving money to some of the biggest, most profitable corporations operating in our country here," he said.

"They don't need the help. And that's going to put an unjust and unfair tax on and burden (people) all across Canada."

"We're tired of being insulted by government," said Chief Shining Turtle from Whitefish River First Nations on Manitoulin Island.

"We have to stand up for our people because no one else wants to. That's why we're here."

Development plans presented for heritage convent site

TIM WIECLAWSKI
 tim.wieclawski@metronews.ca

MEETING Residents in Westboro got a glimpse of the development plans for a property that served as a cloistered convent for nearly a century.

The 5.2-acre property at 114 Richmond Rd. was the home of Les Soeurs de la

Visitation until it was purchased by Ashcroft Homes in October.

The future of the site has been a contentious issue in Kitchissippi Ward, since the monastery is considered a heritage building, but it is barely known to anyone, due to a large stone fence surrounding the property.

In order to create a sight-

line of the monastery, the plan calls for a 40-foot-wide, two-storey-tall gap between two towers that would front onto Richmond Road.

"You've got this big wall, then this opening that you're supposed to walk into," said Coun. Christine Leadman. "It's supposed to encourage people to walk through, but I'm thinking

it won't ... It seems like a fortress. It's very imposing on the streetscape."

According to Leadman, the plan calls for two five-storey units near Byron Avenue and Leighton Terrace. There is another five-storey building along Byron Avenue, with an additional eight-storey building next to that.

Before last night's meet-

ing, Hampton Iona Community Group president Lorne Cutler said the concern with the development was the height of the proposed towers and the proximity of the new development to homes along Leighton Terrace.

Cutler said they are also concerned with the traffic impact along Byron Avenue.

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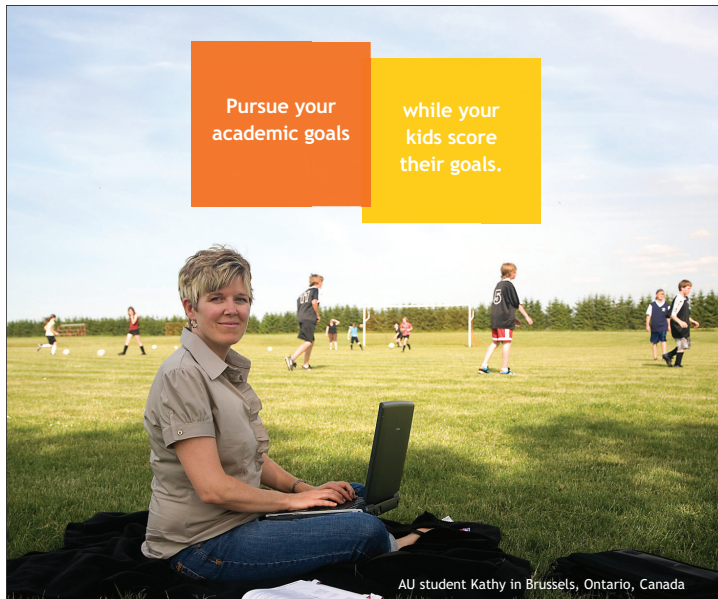


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Men face robbery charges

TIM WIECLAWSKI
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Two men were arrested after a Bay department store was robbed Tuesday.

Police said at 12:30 p.m., two men entered the Rideau Street store. One of the males approached the jewelry counter and indicated that he had a gun, although no gun was seen. He instructed a sales clerk to fill a bag that he had brought with him.

A loss prevention officer, who had been monitoring the men, arrested one suspect and followed a second suspect onto Rideau Street, where members of the Ottawa police intervened and arrested the male. All property was recovered, police said.

Kevin Desylva, 40, and Roger Allen, 41, were charged with robbery and conspiracy to commit an indictable offence.

They appeared in court yesterday.

Tibet Uprising commemorated



More than 100 people attended a rally at Parliament Hill to commemorate the 1959 Tibetan uprising against China's occupation of Tibet yesterday. The rally was one of four held across Canada.



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The 3D-TV war is officially on in Canada. Samsung is the first out of the gate to announce its plans to launch the new technology in Canada and will have 3D TVs on the market by the end of the month. Samsung will initially sell five different models priced between \$2,499 and \$3,999. **THE CANADIAN PRESS**

Canada

Feds billed \$1,000 for light switch

Federal contract workers charged the feds \$5,266 to install six potlights and \$1,000 to replace a light switch. Details of other incredibly costly charges were splashed across two pages in Montreal's *La Presse* yesterday. Current Public Works Minister Rona Ambrose, left, says the expenses were over the top, and she wants the contracts reviewed.

THE CANADIAN PRESS



Raitt beats House boredom on Twitter

INTERNET Lisa Raitt seems to have found a cure for ministerial boredom in the House of Commons. The labour minister said on Twitter yesterday that she would live tweet during question period, and proceeded to provide colour commentary — literally.

"lots of purple on the other side of the house today," she wrote in one tweet.

Unlike other cabinet ministers who use the social media tool to promote

policies or attack the opposition, Raitt's tweets focused on less weighty matters.

"M. Bachand's tie is a little askew today," she tweeted. **THE CANADIAN PRESS**

m.metronews.ca



"The evidence just wasn't there": Police defend investigation of ex-MP Rahim Jaffer. Scan this code for the story.

Unions slam hospital reforms

The conversation Premier Dalton McGuinty said he wanted to have about Ontario's health-care system seems to be turning into a shouting match.

Groups representing health professionals and hospital workers are less than thrilled with the Liberals' proposed changes to hospital funding, with one union likening McGuinty to a Marxist revolutionary with a business degree.

The government's pledge to "pursue a path of constant reform" on health care is sending a

chill through the workforce, said Michael Hurley, president of the Ontario Council of Hospital Unions.

"It's like we're working in a health-care system run by Leon Trotsky with an MBA," he said.

McGuinty is taking a page from the Bolshevik leader by advocating for a permanent health care revolution in Monday's throne speech, Hurley said.

If the Liberals aren't careful, Ontario could re-

turn to the kind of instability and labour unrest that plagued the Conservative government of Mike Harris, Hurley said.

"I think we're heading into a period of some confrontation in the health-care sector, I do," he said. "What that looks like, I'm not sure."

The Liberals' throne speech promised to standardize practice guidelines to avoid unnecessary procedures, modernize On-

tario's hospital system and make health-care providers and executives accountable for improving patient care, such as tying bonuses to hospital performance.

They also proposed to have more hospitals move to so-called "patient-based" funding. Under that model, hospitals would narrow their range of services with the aim of doing surgeries and treatments more cheaply than their rivals. Those who can do it cheaper would get additional cash. **THE CANADIAN PRESS**



Michael Hurley

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And the Teddy Award goes to ... Canada's most wasteful spenders

SPENDING The high-on-the-hog pensions enjoyed by MPs and their \$10 million in household mailouts have been singled out for spoof awards from a taxpayers group.

The MPs have collectively been awarded golden pigs in the 12th annual Canadian Taxpayers Federation Teddy awards, taking both the federal and lifetime achievement categories. Nova Scotia MLAs took the provincial category for their scandal over expenses.

The City of Toronto earned the municipal award for a program which paid people to pose as homeless.

The annual awards, first handed out in 1999, poke fun at wasteful spending at all levels of the government. They are presented about the same time as the



Porky the Waste Hater, left, gives the thumbs up as Colin Craig and Natasha Sherdon look on during a press conference for the Teddies Government Waste Awards on Parliament Hill yesterday.

Oscars, by a tuxedo-clad emcee. The awards — pig figurines spray-painted

gold — are named after Ted Weatherill, a former federal bureaucrat who

was fired in 1999 over his excessive expense claims. **THE CANADIAN PRESS**

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Sears

A global Internet oversight agency is reopening discussions about whether to create a ".xxx" domain name as an online red-light district where porn sites can set up shop away from the wandering eyes of children and teenagers. **THE ASSOCIATED PRESS**

World



Biden rebukes Israel

U.S. Vice-President Joe Biden's displeasure over an Israeli plan to enlarge an east Jerusalem settlement was on display yesterday as he warned against actions that "inflammate tensions" and reassured his Palestinian hosts that they deserve a sustainable, independent state.

THE ASSOCIATED PRESS

'Jihad Jane' indicted

The self-described "Jihad Jane" who thought her blond hair and blue eyes would let her blend in as she sought to kill an artist in Sweden is a rare case of an American woman aiding foreign terrorists and shows the evolution of the global threat, authorities say.

The suburban Philadelphia woman, Colleen R. LaRose, is accused in the indictment filed Tuesday of actively recruiting fighters, as well as agreeing to murder the artist, marry a terrorism suspect so he could move to Europe and martyr herself if necessary.

LaRose is "one of only a few such cases nationwide in which females have been charged with terrorism violations," said U.S. Department of Justice spokesman Dean Boyd.

LaRose, 46, of Pennsburg, Pa., but with close ties to south Texas, has been held without bail since her Oct. 15 arrest in Philadelphia.

LaRose had targeted Swedish artist Lars Vilks and had online discussions about her plans with at least one of several suspects apprehended over that plot Tuesday in Ireland, according to a U.S. official speaking on condition of anonymity.

Irish police said yesterday those arrested were two Algerians, two Libyans, a Palestinian, a Croatian and an American woman married to one of the Algerian suspects.

A U.S. Department of Justice



LaRose

tice spokesman wouldn't confirm the case is related to Vilks, who angered Muslims by depicting the Prophet Muhammad with the body of a dog.

At least three Swedish newspapers published the cartoon yesterday, arguing that it had news value or was a free-speech symbol.

The indictment charges that LaRose, who also used the name Fatima LaRose as her online moniker, agreed to kill the target on orders from the unnamed terrorists she met online, and travelled to Europe in August to do so.

LaRose indicated in her online conversations that she thought her blond hair and blue eyes would help her move freely in Sweden to carry out the attack, the indictment said.

THE ASSOCIATED PRESS

Spain Free at last



Alicia Gamez, 35, a Spanish aid worker, gestures after arriving at the airport in Prat Llobregat, Spain, yesterday. Gamez, who was kidnapped last year in Mauritania by suspected Islamic militants was freed yesterday, but two colleagues remained in captivity.

Sex cliché rings true: Researchers

RESEARCH Men are more likely than women to be interested in sex, have sex and enjoy sex, according to new scientific research, which also found people who stay active and healthy enjoy longer sex lives.

Research by University of Chicago published yesterday in the British Medical Journal found that, across all age groups, men were more interested in sex than women. "Overall, men were more likely than women to be sexually active," the researchers found.

THE ASSOCIATED PRESS

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Alleged domestic abuse? Tickle fights? What's the deal with New York politics? Scan this code for the story.



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Conference aims to save forests

French President Nicolas Sarkozy will open a daylong conference today of some 40 nations to start turning plans into action to save the world's forests. **THE ASSOCIATED PRESS**

world 9

Scandals stir fear of major crisis for papacy

Church abuse scandals in Germany have reached the older brother of Pope Benedict XVI and are creeping ever closer to the pontiff himself.

While there has been no suggestion of wrongdoing by Benedict, the launch of an inquiry by German Catholic officials after his brother admitted he slapped children years ago is stirring Vatican fears of a major crisis for the papacy.

Benedict, 82, was archbishop of Munich from 1977 to 1982 when he was brought to the Vatican to head the body responsible for investigating abuse cases. During that time, he came under criticism for decreeing that even the

Suspicion

• Vatican officials have been unable to hide their alarm about the possible implications for the papacy. "There is certainly the suspicion that there are some out there out to damage the church and the pope," said a Vatican official, speaking anonymously.

most serious abuse cases must first be investigated internally.

Since then, Benedict has taken a strong stand against abuse by clerics in the Roman Catholic Church.

Just weeks before he became pope, Cardinal Joseph

Ratzinger caused a stir when he denounced "filth" in the church and among priests — a condemnation taken as a reference to clerical sex abuse.

German church officials said yesterday they will examine what — if anything — Benedict knew about abuse during his time as Munich archbishop. The Regensburg diocese told The Associated Press it will investigate allegations of physical and sexual abuse that have swirled around a renowned choir led by the Benedict's brother, the Rev. Georg Ratzinger.

So far, the sex abuse allegations predate Georg Ratzinger's term as choir director. **THE ASSOCIATED PRESS**

News in brief

MINORITY Minorities make up nearly half the children born in the United States, part of a historic trend in which minorities are expected to become the U.S. majority over the next 40 years. In fact, demographers say this year

could be the "tipping point" when the number of babies born to minorities outnumbers that of babies born to whites.

DEATH TOLL Turkish officials yesterday lowered the death toll in this week's magnitude-

6 earthquake from 51 to 41. A statement issued by the governor's office in the eastern province of Elazig said erroneous reporting was responsible for the earlier toll in Monday's temblor.

THE ASSOCIATED PRESS

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Ecuador.....12.9¢	Fiji.....24.9¢	Saudi Arabia.....3.9¢
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Comment

Consider overshare consequences

Relating

Sofi Papamarko

metronews.ca/papamarko

What if I used this space to share something inappropriately personal?

I constantly guard against offering too much of myself in this column. I know the

circulation numbers. I know that you, the person holding this paper, are likely a stranger.

That said, I am tempted to overshare online, lulled into a false sense of security that, on Facebook and Twitter, I am "among friends."

My overshares are generally benign minutiae ("This egg salad sandwich is so awesome!"). But many who overshare do it without a filter.

Chances are you would never tell a stranger on the bus about a graphic medical

condition or the details of your divorce. And, yet, these are all things that people have shared on Facebook, on message boards and on their blogs.

What is it that compels us to overshare online?

"We are in an age where we repeatedly see the purported benefits of oversharing. I call it 'peep culture,'" says Hal Niedzviecki, author of the recently published book *The Peep Diaries: How We're Learning To Love Watching Ourselves And Our Neighbors*.

"In pop culture, we are entertained by chosen celebrities who perform for us. In peep culture, we are entertained by random people around the world who let us peep into their lives. These are the friends, family and strangers we spend time looking at on Facebook, blogs, YouTube, Twitter, Flickr, reality TV, Chatroulette, etc. The more we see (oversharers) being rewarded with attention, extended networks, even money and celebrity, the more it becomes natural for

us to overshare and see if we, too, can enjoy some of the benefits..."

Oversharing is a way to get attention, certainly (See: Tila Tequila). But what about those who use social media to rally support during a difficult time? And what if that information falls into less-than-kind hands?

"It's a dangerous thing to use your life and other people's lives as mass media entertainment," says Niedzviecki. "It becomes very easy to forget that these are real people with

real lives ... what they say and do, and what you say and do in response, can really hurt them. We're extending a natural human tendency — to share, to reach out and connect with others — into a very unnatural space..."

Before broadcasting your life, consider the consequences of offering pieces of yourself to anyone who will listen.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Good news, bad news — 15 years later

GlobalView

Mona Eltahawy

metronews.ca/globalview

In 1995, I joined women from around the world in Beijing, China, to attend the UN conference on women.

So, are things any better for women, worldwide, 15 years after the Beijing Dec-

laration and the Beijing Platform for Action?

First the bad news. Women's nominal wages are 17 per cent lower than men's. Women perform 66 per cent of the world's work, produce 50 per cent of the food, but earn 10 per cent of the income and own one per cent of the property, according to the United Nations Children's Fund.

An Organization for Economic Co-operation and Development (OECD) report showed women in rich na-

tions on average earn nearly one-fifth less than men.

The pay gap was widest in Korea and Japan, where men earned more than 30 per cent more than women; Germany, Canada and the United Kingdom were the next worst performers with a pay gap of more than 20 per cent. Belgium and New Zealand, which had pay gaps of less than 10 per cent, performed the best.

The good news is that the OECD found the percentage of working women had in-

creased to 62 per cent in 2008, from 45 per cent in 1970.

Work at home or involving family care is not remunerated, of course, and so as long as women remain primary caretakers and those who sacrifice careers for home, that lower pay cycle will continue both outside and inside the home.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.



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The Bank of Canada is continuing to make changes in its upper ranks. Canada's central bank said yesterday it is promoting Jean Boivin, 37, to deputy governor and looking for a replacement for Pierre Duguay. Boivin had served as special adviser to governor Mark Carney, while Duguay has been with the bank since 1973 and a deputy governor since 2000. **THE CANADIAN PRESS**

Bank of Canada shuffles its staff

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Jobless recovery?

Employment not expected to grow with economy

Canadian workers may pay the price for the relatively healthy job market during last year's recession.

Job creation normally goes hand in hand with economic growth — with a little lag — but few analysts expect a big jobs rebound after last quarter's sharp growth in the economy. A consensus of economists surveyed believe Friday's employment report from Statistics Canada will show a modest 15,500 jobs pickup for February, barely treading water with population growth.

That expected tepid employment growth comes after the five per cent annualized growth the economy posted in the last

Report

A new report suggests that government infrastructure spending did generate a significant number of jobs last year. The Conference Board of Canada says federal and provincial stimulus on infrastructure preserved or created about 70,000 jobs in Ontario last year.

three months of 2009.

Some have called such lacklustre expectations indications of a jobless recovery, but Scotiabank's Derek Holt notes that it is also the flip-side of better-than-expected employment during the recession.

Holt says the relatively few job losses during the

deep recession, combined with the fact Canada started adding jobs before most other countries, suggests gains will be more modest going forward.

Also adding to the dampening expectations is that governments are starting to shed public service jobs to rein in massive deficits, putting more onus on the still fragile private sector.

THE CANADIAN PRESS

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Lessons learned from Wind's struggles, Quebecor won't rush entry to wireless market. Scan this code for the story.

Israel Death sells



Israeli actors mimic scenes in the surveillance footage from the Hamas assassination in Dubai for a supermarket commercial in Petah Tikva, central Israel, yesterday. An Israeli supermarket commercial is looking to cash in on surveillance footage of an assassination team killing a Hamas commander in Dubai to promote the "shooting down" of prices.

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Demand to drive loonie: CIBC

MONEY Expectations of higher interest rates and investor demand for Canada will help drive the Canadian dollar past parity with the U.S. greenback by this summer, says CIBC World Markets.

In a report yesterday, the

investment bank notes the loonie has jumped above 98 cents US in recent weeks as investors expect interest rates to rise in Canada later this year.

Higher interest rates — the bank expects a jump of three quarters of a point —

make Canadian bonds and other investments more attractive and raises demand for the loonie. Other factors that could help the currency are world demand for commodities such as oil, minerals and fertilizers. **THE CANADIAN PRESS**

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Holder backs Goldman bid for Canwest

MEDIA A major bondholder of Canwest Global Communications says it will stand behind Wall Street investment bank Goldman Sachs as it fights the sale of Canwest's television assets.

Toronto-based private equity fund Catalyst Capital Group Inc. says it "strongly supports" Goldman Sachs' move to kill the sale of the broadcast TV channels to cable operator Shaw Communications Inc., a deal approved last month by the Superior Court of Ontario.

Catalyst has been part of a separate bid for the broadcast assets which Goldman had supported, alongside Canwest's founding family, the Aspers, and two former executives from Rogers Communications.

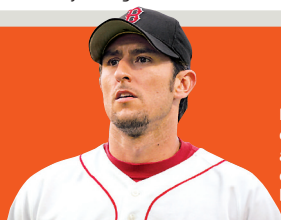
THE CANADIAN PRESS

Disgraced sprinter Jones signs WNBA deal

Former sprinter Marion Jones has signed on to play with the WNBA's Tulsa Shock, hoping to launch a new career after losing five Olympic medals for using performance-enhancing drugs. Jones was a star at the 2000 Olympics in Sydney but admitted two years ago that she had taken a designer steroid known as the "clear." **THE ASSOCIATED PRESS**

13

Sports



Nomar retires from Red Sox

Nomar Garciaparra, left, rejoined the Red Sox for one day and then retired, ending a 14-year career in which he won two batting titles with Boston and was once a beloved player in the city. The shortstop signed a one-day contract with his former team yesterday before announcing he's leaving baseball at 36 to become an ESPN analyst.

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Case closed on stick mystery

The stick and glove that helped Canada win Olympic gold are back where they belong.

Sidney Crosby's missing gear was on its way to Pittsburgh yesterday.

Hockey Canada says it was misplaced rather than stolen, with both items ending up in the wrong place in the process of packing and shipping equipment after the Olympic final.

The stick and glove were

the ones used by Crosby when he scored the overtime goal in the 3-2 win Feb. 28 over the U.S. in Vancouver.

"I'm grateful to everyone who took the time and effort to get my equipment back for me," Crosby was quoted on the Penguins website. "These items are irreplaceable and I'm happy to have them back."

"He's happy that the distractions and questions are

gone," added Hockey Canada executive Scott Salmond, who led the search for the equipment.

Crosby's stick was located in Toronto as part of a shipment heading to the International Ice Hockey Federation Hall of Fame in St. Petersburg, Russia. The stick was being sent to the IIHF in the mistaken belief that it was not the game stick.

The IIHF helped locate the stick and provided pho-

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With the playoffs out of sight, what's an Oilers fan to do? Root for the loss, of course. Scan this code for the story.

tographs to Crosby, who confirmed it was the one he used to score on U.S. goalie Ryan Miller.

The missing glove was discovered by Team Canada teammate Patrice Bergeron. The players sat beside each other in the dressing room and one of Crosby's gloves was inadvertently placed in Bergeron's equipment bag.

"With everyone's co-operation, we were able to locate these items and are pleased to be able to return the stick and glove to its rightful owner," said Salmond. **THE CANADIAN PRESS**

NHL GMs agree to penalize blindside hits to the head

RULES NHL general managers have agreed on a rule to penalize blindside hits to the head, looking to protect its talent in a game they acknowledge has become faster and more prone to collisions in recent years.

The GMs want referees to call a minor or major penalty for any hit where the primary point of contact is the head.

The penalty is subject to approval from the competition committee, which is composed of five players, five GMs and Philadelphia Flyers owner Ed Snider. But that's not expected to be a problem since the GMs have agreed on the proposal and the players have already signalled their support.

The new rule, which

has not yet been given a specific name, could take effect next season. The proposed wording is:

"A lateral, back pressure or blindside hit to an opponent where the head is targeted and/or is the principal point of contact is not permitted. A violation of the above will result in a minor or major penalty and shall be reviewed for possible supplemental discipline."

The rule recommendation signals a shift in thinking by the GMs, who showed little interest a year ago when the NHL Players' Association proposed such a penalty. It could also mark a cultural change for a sport that has traditionally placed the onus on a player receiving a hit to protect himself. **THE CANADIAN PRESS**

Brier Ontario on a roll



Ontario skip Glenn Howard watches a rock against Newfoundland and Labrador as Brent Laing, left, and Craig Savill sweep yesterday at the Tim Hortons Brier in Halifax. Howard improved to 9-0 with a 9-5 win over Brad Gushue of Newfoundland and Labrador in the morning draw and an 8-4 victory over Manitoba's Jeff Stoughton later in the day, putting him into the playoffs.

Sports in brief

BASEBALL Greg Dobbs and John Mayberry each hit a pair of doubles, and Cody Ransom homered to lead the Philadelphia Phillies to a 4-2 victory over the Toronto Blue Jays yesterday. Blue Jays starter Kyle Drabek, acquired from Philadelphia in the Roy Halladay trade, pitched two shutout innings.

NFL LaDainian Tomlinson is coming to Minnesota for a visit, and the Vikings believe he could be a good fit. Tomlinson is scheduled to meet with coach Brad Childress and other members of the organization today.

BASEBALL Alex Rodriguez may soon be talking to U.S. federal authorities, and he hopes it will happen close to spring training. Lawyers for the Yankee slugger are setting up an interview as part of an investigation into a Canadian doctor who is the focus of a cross-border smuggling case involving human growth hormone.

NBA Philadelphia 76ers coach Eddie Jordan says he's not worried about a newspaper report stating he could be fired soon. The Philadelphia Inquirer, citing unidentified sources, reported Tuesday that Comcast-Spectator was ready to fire Jordan.

THE ASSOCIATED PRESS

SCOREBOARD

NHL YESTERDAY'S RESULTS

Buffalo 5 Dallas 3
New Jersey 6 N.Y. Rangers 3
Washington 4 Carolina 3 (OT)
Los Angeles 4 Chicago
Vancouver at Phoenix

NBA YESTERDAY'S RESULTS

Charlotte 102 Philadelphia 87
Memphis 111 Boston 91
Miami 108 L.A. Clippers 97
Oklahoma City 98 New Orleans 83
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FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Rules to survive your small space

DecorMoment

Karl Lohnes

metronews.ca/decormoment

I'm not sure I know anyone who claims to have enough space in their home; people who live in big houses seem to have cramped closets and over-stuffed rooms just like those of us in smaller town homes and condos. The key to living large is to maximize your home with smart decorating and furnishing ideas. Here are four of my decorating rules and some great products that will help

you survive any small space.

Rule 1: Every piece of furniture must perform two duties!

A slim console table can be a server/bar, dressing table or hold a flat screen television; a long storage ottoman can act as a footstool, a coffee table or an extra perch for unexpected guests; a comfy upholstered dining chair can be an extra seat in the living room and size appropriate to sit in the corner of a bedroom.

Rule 2: Use similar colours and tones used throughout!

Be strong and commit to either all light, medium or dark tones when

choosing things like flooring, walls and furnishings in your space. Using similar tones will allow the eye to roam freely,



Furniture should serve two purposes in a small space. This ottoman can be a seat or a rest for your feet.

making a space feel larger. Using too many light and dark options will instantly chop the space and make it feel smaller.

Rule 3: Create big impact in each room!

A tall headboard in the bedroom, a set of floor-to-ceiling drapes in a dining area, a decorative fireplace mantel in the living room are all items that will help create big

impact while taking up minimal floor space.

Rule 4: Get the right size dining table!

You need a minimum of three feet of clearance on each side of the table, a round table is more flexible for seating, a pedestal based table makes it even more flexible, and a leaf extension is allows the in-laws to visit.

My favorite piece of furniture:

The Hydraulic Storage Bed offers enough storage underneath to replace six large dresser drawers (around \$2200 for queen size, sunpanimports.com). Its easy to manoeuvre with just one hand and there's no need to purchase a dresser and you won't need a box spring!

Best design for the money:

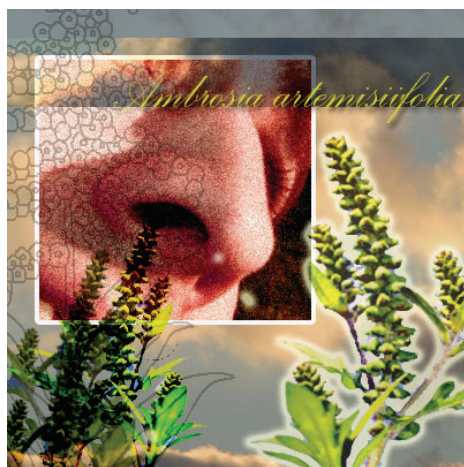
Ikea's Pendel clock tower is the modern and affordable grandfather clock. It not only ensures you will never be late for work but also offers up stylish slim storage in the foyer, bathroom or hallway. \$179, ikea.ca

Smartest thing to get:

The Pilsen desk; made of glass and metal is the perfect size to work, dine, or use as a console. Around \$249 from Crate and Barrel, crateandbarrel.com

And for your designer tip of the day: To make a small space look as large as possible, paint the walls two shades lighter than your flooring.

Karl Lohnes is passionate about good decor and wants to help you have a beautiful home; no matter what your budget or style. Catch him on CTV's Canada AM



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Sylvia Putz

metronews.ca/homescape

After a long winter of living in tightly insulated spaces with closed windows, don't you want to throw open the shutters to the fresh, bracing air?

All homes build up odours that come from normal, necessary but smelly human activities, like cooking, changing diapers, looking after pets and so on. At the end of the closed-in winter season, the air can smell stale. The best solution is to tackle the source of unpleasant smells:

- Air out the house as soon as the weather allows;
- Dust those hard-to-reach places that have accumulated a coating over the winter. Remember to wipe blinds;
- Change vacuum bags often;
- Remove encrusted ducts and vents and wash off dusty deposits;

• Carpets and fabrics (upholstery and drapes, for example) can hold smells. Try sprinkling baking soda onto carpets or onto upholstery and leave it overnight, where it absorbs odours. In the morning, vacuum. And wash or professionally clean drapes at a cleaner that uses non-toxic chemicals;

• Consider having carpeting or rugs professionally steam cleaned, and replace old carpets;

• Mold and mildew can cause sour smells. Wipe down walls and floors and surfaces in areas that get damp such as bathrooms, laundries and kitchens with a solution of white vinegar and water (1:2). Use exhaust fans to remove moisture;

• In the kitchen, scrub ceilings and areas near the stove. (Minimize frying in fat, as airborne fat particles will adhere to everything and leave a smell. If you do, use a pan cover, and always use the kitchen fan while cooking);

• To combat lingering odours from foods try putting out a bowl of white vinegar to absorb smells.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

The Harlequin ... Personalized Pet Bowl is made of heavy ceramic and hand painted. Monogramming is at no extra cost. Ballard Designs, \$65, ballarddesigns.com. JENNIFER BILL/FOR METRO CANADA



This three-piece **One For Pets** set comprises a large and small treat tin and a scoop. Dogfather, \$39, dogfatherandco.com.

Homes in
Style

For Pets' sake

JENNIFER BILL
for Metro Canada



Gone are the days of the plastic water dish and boring plaid pet bed.

Pet owners who have an eye for design have Fluffy and Fido eating and lounging in style, munching their kibbles from stainless steel bowls, enjoying their treats from decorated ceramic jars, and sleeping on custom pet snoozers that blend with the couches and chairs.

"(Pet products are now) more modern, for an urban lifestyle," said Judith Pagnier, owner of My Pet Boutique in Yorkville. "There is a lot of choice for every decor sense. We see everything. We have very ultra modern stainless steel bowls but we also have resin bowls with a fleur-de-lis on it."



These **Pet Food Canisters** come in white lacquer finish and galvanized steel finish. For dogs, 25 litre; cats 13 litres. Ballard Designs, \$45-\$49, ballarddesigns.com.

Let the felines have some fun in the **Cat Fun Tunnel**. Canadian Tire, \$14.99, canadiantire.ca.



Assorted beds by Aviva Designs are luxury comfort for your pets, Dogfather & Co., \$95-\$270, dogfatherandco.com: Red one: **Luxury Doggy Divan** with a drop front, with red naugahyde exterior, zebra suede cushion, and leopard print cushion (\$270); Striped one: **Luxury Doggy Divan** with drop front with Hudson's Bay print (\$170). The third bed is an Aviva **Toile Celestial Sleeper** (\$95).

This cute bone-shaped **Woof Poof Bed** is a highly durable and dirt-resistant bed made of high-quality leather (non-chemically treated and safe for dogs). A perfect piece to match your furniture decor, luxurious yet practical enough for your little pooch to enjoy for years. Ideal for doggies 5 to 15 lbs. Bobo Canada Fine Pet Boutique, \$269, bobocanada.com.



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Keeping clean after your home reno

Stainless steel and chrome — For general cleaning, use liquid dish detergent or an all-purpose cleaner and rinse with clean water and a soft, lint-free cloth. For hard water spots, use vinegar. NEWS CANADA

Workology in brief

AFTER THE RENO When your kitchen renovation is all done, be sure to keep up on the upkeep. Kitchen floors, counters and sinks: Unless we eat out frequently or take extended vacations they're tough to avoid cleaning. Here are some tips for those areas of the kitchen that might fly under the cleaning radar:

AREA 1: Range hood filter — Clean or replace your (non-charcoal) range hood filter (there might be more than one) every six months by run-

ning the filter through your dishwasher for a few cycles.

AREA 2: Dishwasher — Odour-causing residue can build up on surfaces over time from food particles and minerals. To prevent this, once a month empty your dishwasher, place one Affresh dishwasher cleaner tablet in the main dishwasher tray and another tablet in the prewash tray or in the bottom of the dishwasher then run the heaviest cycle, at the hottest wash temperature.

NEWS CANADA

Cork could just be nature's perfect floor

While it's relatively new to us, cork flooring has been used in Europe for centuries because of its resilience, durability and surprisingly versatile, attractive designs.

Today, cork is taking North America by storm due to all of those attributes, plus its unsurpassed eco-friendliness and sustainability.

Cork is hand-harvested, and no trees are harmed in this ancient practice. Century-old cork trees, harvested every nine years, still thrive in the forests of Portugal and Spain.

Eco-engineering of modern cork floors allows them to be installed over existing flooring including tiles. And, once installed, cork doesn't merely beautify the home, it mutes and muffles sound with its natural acoustic properties, provides exceptional cushioning and warmth with its natural insulation properties, and is hypo-



Cork flooring is softer than most other flooring, good for sound proofing and good for insulation.

allergenic to safeguard your family's health. One room that is frequently

upgraded to stunning and resilient cork flooring is the kitchen. Cork is in fact comfortable and durable. Cork withstands the stress of a kitchen area. Because it's 50 per cent air, cork has more give than harder floors like ceramic tile, making it far more comfortable to spend time in the kitchen. A big win for chefs and diners alike.

Not that you will ever see proof in your kitchen, but cork is naturally flame retardant and flame resistant.

One of the world's leaders in cork flooring is located in Canada. Torlys offers the widest selection of these beautiful, earth-friendly floors in its 100 per cent recycled cork collection, and every floor is easily installed without chemicals, glues or nails.

Just as cork trees regenerate themselves, cork flooring reinvigorates any home. It's the smart — and smart-looking — answer for people who value the global environment, and the one at home.

NEWS CANADA

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Workology in brief

AFTER THE RENO NO. 2 When your kitchen renovation is all done, be sure to keep up on the upkeep: Refrigerator water filter — Depending on the model, refrigerator water filters help remove particulates, lead, mercury, chlorine taste and odour, dirt, rust, lime scale and other unwanted chemicals.

NEWS CANADA

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Paris got its own Savile Row with Hermes' fall-winter 2010-11 ready-to-wear collection of gender-bending looks fit for a dapper English gentleman. Little leather skirts were worn with menswear blazers and peacoats with crocodile belts. **THE ASSOCIATED PRESS**

Style



Obama gown for exhibit

Michelle Obama said Tuesday that she'll always cherish the moment she slipped into her inaugural ball gown, a one-shouldered, white chiffon design. She'll have to hold on to the memories because the gown isn't exactly hers anymore. In keeping with tradition, Obama donated the Jason Wu design to the Smithsonian Institution's National Museum of American History this week. It will go on public display in a new gallery for the museum's first ladies exhibit, featuring president's wives from Mamie Eisenhower to the present. **THE ASSOCIATED PRESS**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

March break must-haves

Tips on creating your suitcase shortlist

JORDANA DIVON
for Metro Canada

Whether you've pinned your Miami plane ticket to the cubicle wall, or fluffed up your down jacket in preparation for the slopes, Metro has assembled a list of March break must-haves to make your suitcase shortlist.

For the sunward bound, this season is all about legs and knowing how to use them. Holt Renfrew's style guru Barbara Atkin offers a few tips on how to wear minis — and not let them wear you.

"This season we saw a contest of short, shorter and

shortest across the runway, a trend that works perfectly with a warmer climate and looks great with a tan," she says. However, "make sure to pack a nude shoe to elongate your leg when you show them off in the season's shorter silhouettes."

Pair your mini with nude Stuart Weitzman pumps and an oversized white tank top to emphasize your lower extremities. And keep in mind: the mini trend extends to your accessories as well.

"Ladylite accessories made a big statement this season," adds Atkin, "so leave your oversized purse at home and opt for smaller, more refined bags to keep your essentials close to you."

If the combination of sunshine and all those tanned, bare legs leaves you squinting for mercy, make sure to

protect your eyes with oversized shades. Bold, round shapes and metallics are in for spring, but pick a pair that gives UVA protection as well as style.

Don't worry guys, we haven't forgotten about you. Your pants may be a little longer in the leg, but not shorter on style. Try khaki shorts along with a comfortable white linen shirt to keep cool.

Or if you plan on hitting the waves, you can't go wrong with classic blue trunks, but make sure to cover your delicate snowbird scalp with an oversized hat that will leave you with plenty of change in your tequila fund.

For those trading one snow bank for another, think warm but flattering outdoorwear.

Law student Elise Fataouche is planning to visit her boyfriend in Switzerland, and her must-have, fittingly enough, is a tailored boyfriend jacket.

"Boyfriend jackets are so versatile, and you can pair them with anything," she says. "They're easy and light, so you can throw a bunch of them in your suitcase, and mix and match."



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Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

A CLASSIC; EXCELLENT; GOOD; FAIR; POOR

Love interest

Keri Russell is returning to television in a new Fox sitcom produced by Arrested Development creator Mitch Hurwitz and starring Will Arnett. Sources say Russell is in final talks to play Arnett's love interest. EW.COM

Canadian Jay Baruchel grows into leading man

STEVE GOW
for Metro Canada

Canadians love to celebrate their own. Whether it's basketball stars like Steve Nash or master thespians like William Shatner, if you make it big in America, we embrace you. Well, Canada's latest hero is now waiting in the wings and his name is Jay Baruchel.

A slim, unassuming 27-year-old who's as humble as he is an unlikely celebrity, the Ottawa-born actor should perhaps be further rewarded for his patriotism since he still resides in Montreal and wears a maple leaf tattoo over his heart even as he's about to release his latest big Hollywood comedy, *She's Out of My League*.

So who is this proud patriot? And how did Baruchel get to be so popular in Tinseltown?

"He's a charm to work with," said filmmaker Randall Cole in an interview. "He brings the acting but he's also great off the set and everyone's just happy to be around him."

Baruchel actually began as a teen appearing in Canadian TV shows like *Popular Mechanics* for Kids before he moved to America.

Jay Baruchel in a scene from *She's Out of My League*.

She's Out of My League opens tomorrow

There, he soon landed a role on Judd Apatow's short-lived television series *Undeclared* where he would befriend fellow Canuck actor Seth Rogen.

Bolstered by his placement in the popularity of the so-called Apatow Gang, Baruchel quickly gained notice with roles in such blockbusters as *Million Dollar Baby*, *Tropic Thunder* and *Knocked Up*.

"The happiest part about my career so far, is having a resume that reflects my tastes, my opinions, what I find funny," he told the *Montreal Film Journal*.

Haim found dead at 38

OBIT Former teen idol Corey Haim, best known for his role in the 1987 hit *The Lost Boys*, has died after a well-documented battle with drug addiction and a string of B-movie roles aimed at returning to the spotlight.

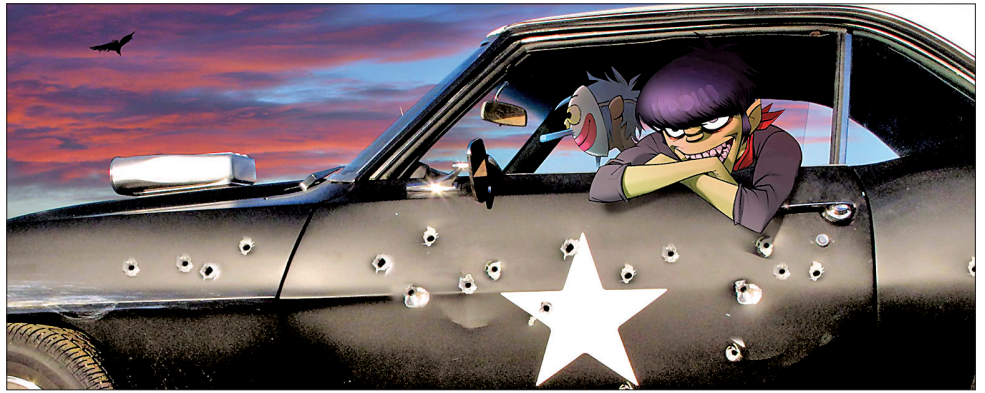
He was 38. The Toronto-born actor died at a Burbank hospital early yesterday morning, said Lt. Cheryl



Haim

MacWillie of the Los Angeles County coroner. An autopsy will determine the cause of death and there were no other details, she said.

Haim had flu-like symptoms before he died and was getting over-the-counter and prescription medications, Sgt. William Mann said. The cause of death was unknown. THE ASSOCIATED PRESS

Gorillaz new album *Plastic Beach* is a heady mélange that can spin from a heavenly arrangement into a giddy hip-hop bounce.

Gorillaz

Album: *Plastic Beach*
Label: EMI
Rating: EXCELLENT

DAMON ALBARN SAID he wanted "an incredibly eclectic, surprising cast of people" and he got it for the third and finest Gorillaz album yet. First conceived as a project called *Carousel*, *Plastic Beach* is just that: A heady mélange that can spin from a heavenly arrangement by The National Orchestra For Arabic Music into a giddy hip-hop bounce with U.K. rappers Kano and Bashy in the span of one track (*White Flag*). De La Soul and Gruff Rhys live up to a vivid title like *Superfast Jellyfish* with a romp that's cartoonish and amusing, exemplifying everything the Gorillaz concept was supposed to be in only "three microwave minutes."

Cam Lindsay/for Metro Canada

Broken Bells

Album: *Broken Bells*
Label: Columbia/Sony Music
Rating: EXCELLENT

IT SOMETIMES SEEMS like anything Danger Mouse

touches turns to gold. He made Cee-Lo famous with *Gnarls Barkley* and helped turn Gorillaz into something other than a Damon Albarn side project. He's not as successful with the Shins' James Mercer, but the collaboration still

works. DM's electro pop backing coupled with Mercer's soft, soothing voice makes for some incredibly infectious tracks — Vaporize to name one — but other songs lack punch. It's a good disc for sure, but with these two huge musical talents at the helm, it could have been a bit better.

Bryan Borzykowski/for Metro Canada

Jason Collett

Album: *Rat a Tat Tat*
Label: Arts & Craft/EMI
Rating: EXCELLENT

JASON COLLETT IS a curious character. He's reached a good level of popularity, but his music isn't nearly as moving as many of Canada's other guitar-slinging folkies. His records are a mix of catchy rock and acoustic numbers and sleepy, forgettable songs. That said, his music keeps getting better and *Rat a Tat Tat* is an improvement. It's not a masterpiece, but songs like the Joel Plaskett-ish *Lake Superior* and the Dylan-sounding *Winnipeg Winds* are interesting for the Canadian mythologizing as much as they are for their infectious melodies. Overall, this is a decent record — it may not get regular repeat plays, but it's still worth checking out.

Bryan Borzykowski/for Metro Canada

Ellie Goulding

Album: *Lights*
Label: Polydor
Rating: EXCELLENT

AlbumReviews

music@metronews.ca

BRITAIN'S STREAK OF fanciful female singer-songwriters



continues with Londoner Ellie Goulding — not that the streak was in jeopardy. Like Florence, Lily or La Roux, Ellie's music is both chart-bound (she recently reached No. 1 on U.K. charts), but also distinctly inventive. Cutting her teeth on simplistic folk music, Ellie eventually rerouted her musical path to slot in synthesizers and sequenced beats. The transformation provides an interesting conjunction — her folkie vocal quiver could certainly survive stripped down to just an acoustic guitar, but the frantic rhythm and keys that commands *Starry Eyed* and the synthy ecstasy of *I'll Hold My Breath* give Ellie her trademark.

Cam Lindsay/for Metro Canada

Besnard Lakes

Album: *The Besnard Lakes are the Roaring Night*
Label: Jagjaguwar/Sonic Unyon
Rating: EXCELLENT

IF YOU LIKED the Besnard Lakes' last masterpiece, you'll love their new one. Like *...Are The Dark Horse*, this third effort is another expansive, drone, harmony-filled affair. The band's lush, Beach Boys-like vocals are out in full force — Al-

ross is a gorgeous track that sounds more like a journey through the history of sound than a stand-alone song, while *Land of the Living Skies Pt. 2* is what Pink Floyd would sound like if they started making music today. It's a heavy, time-consuming listen, but well worth the effort.

Bryan Borzykowski/for Metro Canada

Dan Hill

Album: *Intimate*
Label: Universal
Rating: EXCELLENT

IN EARNEST OR not, who hasn't sang *Sometimes When We Touch* to a loved one at some point? Well, now there are 15 more heart-on-sleeve adult contemporary tunes for us to caterwaul away to. Thank original emotional/sentimental songwriter Dan Hill, as this is his first album to feature new material since 1996 and the tear-jerker that is *Intimate* overflows with them. Soft ditties such as *Sixties Child*, *You Know Just What To Say* and, of course, the previously-mentioned touching ballad delivered in a piano/vocal rendition are decidedly syrupy. Still, as always, Hill is a great storyteller, delivering some wonderful sagas and personal reflections, even if it's only appealing to those of a vintage where Matlock was provocative television.

Keith Carman/for Metro Canada

• Log on to metronews.ca /music to stream Dan Hill's *Sixties Child*

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Urban Foodie

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Intersection of flavours

SHARI GOODMAN
OttawaUrbanFoodie@gmail.com

Zuni Grill
269 Greenbank Rd.
(613) 828-3890

Rating: ★★★★★
Dinner for two with wine: \$55

Tucked between a pizza place and hair salon is a little restaurant called Zuni Grill that defies labeling. While the menu has a large number of Indian dishes, it also includes Caribbean, Mediterranean, Indonesian, Thai and Asian

On the web

- Get recipes and more great food content at metronews.ca/recipes

options, making the food difficult to classify.

You're greeted by the chefs in the open kitchen who have the television tuned to a Sens game. But behind the kitchen is a quaint and quiet area of tables with globes of light overhead decorated with gemgels.

For starters, we ordered the Indonesian Chicken Satay Bites (\$8). The mar-

riage of the satay with a bland mint yogurt dip wasn't a match made in heaven, but it was convivial. The jumbo Coconut Shrimp (\$10) were crispy and flavourful and served with a sweet curry dip overpowered by banana.

If you like sweet sauces on fish, the Tandoori Spice Rubbed Atlantic Salmon Filet (\$18) won't disappoint. Nicely grilled and served with fruit chutney, it was satisfying. Much like the Coconut Shrimp appetizer, the Coconut-Crusted Chicken Breast (\$16) came with a banana infused curry sauce, and



Tandoori Spice Rubbed Atlantic Salmon Filet (\$18)

the chicken was tender and enjoyable.

The friendly waiter brought our Chai-Infused Crème Brûlée (\$6) along

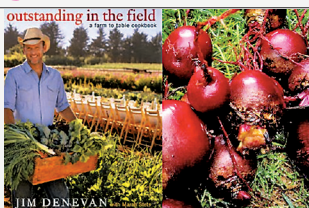
with a large propane torch and brûléed the crème table-side. The crème brûlée was impeccable and to have it torched table-

side was a rare treat.

Zuni Grill is something of a deal, with an ambitious array of flavours to tempt your taste buds.

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of (Jim Denevan's) Marinated Roasted Beets.

**Dining out**

ANTHONY'S ON ELGIN Anthony's on Elgin (formerly the original Ritz III restaurant) serves contemporary Italian cuisine. Its fresh home-made pasta and desserts are prepared daily on the premises. Every Sunday and Monday it offers a three course Table d'Hôte, for \$19.95 plus tax.

KOREANA Koreana offers Korean BBQ, sushi, table grilling and Shabu Shabu (hot pot) along with an array of traditional Korean dishes. The service is friendly and fast since it use a bell system, a small button on the wall beside the table.

SHARI GOODMAN/
FOR METRO OTTAWA

In brief

WATCH Food Inc., an Academy Award Nominee for Best Documentary Feature screens next Wednesday at the Centurion Conference and Event Center 7 p.m. with a discussion after. This is a free event. planetfriendly.net/calendar/evnts.php?id=12045

SHARI GOODMAN/
FOR METRO OTTAWA

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3/11/10	265	353	2	TVO	Super Structures	The Agenda With Steve Paikin	Party Animals	Masterworks	Agenda-Paikin			
	211	331	3	GTU	Entertainment	Survivor: Heroes vs. Villains	The Office (N)	90210 (HDTV) (N)	News Hour			
	-	-	5	SRG	Virginie (SC)	Enquête (HDTV) (SC)	3600 secondes d'extase (SC)	Le Téléjournal Nouvelles (SC)	TJ Ontario			
	206	342	6	CHRO	TMZ (N)	Grey's Anatomy (HDTV)	Monk	(10:01) Private Practice (N)	Comedy Now			
	199	311	7	CTV	CSI: Crime Scene Investigat'n	American Idol	Grey's Anatomy "Push"	The Mentalist (HDTV) (N)	CTV News			
	208	303	8	CBC	Wheel Fortune	The Nature of Things (N)	Love, Hate and Propaganda	CBC News: The National	The Hour			
	-	360	9	NBC	Jeopardy! (N)	Community (N)	Parks/Recreat	The Marriage Ref (N)	News			
	117	713	10	TVA	La Série Montréal-Québec (N)	Dieu merci! (HDTV) (N) (SC)	Juste pour rire (SC)	TVA nouvelles	(10:45) Denis Lévesque			
	-	-	11	QS	Oncle Charlie	Séisme en Floride (2004, Suspense)	Doug Savant	L'Attaque à 5 (N)	À couper			
	137	763	12	TFO	Panorama	Qhapaq Nan: Volt	Oublier Chyenne (2005, Drame sentimental)	Villages	Artisans de			
	-	362	13	CBS	The Insider (N)	Survivor: Heroes vs. Villains	CSI: Crime Scene Investigat'n	The Mentalist (HDTV) (N)	TwoHalf Men			
	216	395	14	OMN2	Family Guy	Omni News: S. Asian Edition	Omni News: Cantonese Edition	TwoHalf Men	King/Queens			
	214	344	15	CITY	Law & Order: Special Victims	Community (N)	Parks/Recreat	Accidentally	30 Rock			
	115	343	16	CFMT	TwoHalf Men	Omni News: Italian Edition	Vivere V	Omni News:	Law & Order: Criminal Intent			
	218	345	18	CHCH	Showtime * (2002, Comedy) Robert De Niro, Eddie Murphy	Grey's Anatomy (HDTV)	Blade Runner *** (1982, Science Fiction)	Harrison Ford	News at 11 (N)			
	-	361	20	ABC	Action News	Heure polit.	L'Heure politique	Revue	Période-quest.			
	512	396	24	CPAC	La Période de questions	Re Quin, Medicine Woman	100 Huntley Street	Life Today	This Is Day			
	502	390	26	NW	Little House on the Prairie	American Idol	Kitchen Nightmares (N)	FOX 2 News (N)	News			
	-	365	36	FOX	TMZ (N)	As Time Goes By Reunion Special	Grey's Anatomy "Push"	More Funny Ladies	Charlie Rose			
	-	-	64	PBS	Business Rpt.	Snow Trails TV	CBC News: The National	The Mentalist (HDTV) (N)	CTV News			
	205	312	104	CTV	CSI: Crime Scene Investigat'n	American Idol	Grey's Anatomy "Push"	The Nature of Things	National			
	502	390	26	NW	The Lang & O'Leary Exchange	Connect with Mark Kelley (N)	CBC News: The National	Anderson Cooper 360 (HDTV)				
	500	500	33	CNN	Situation Room-Wolf Blitzer	Campbell Brown (N)	Larry King Live (N)	That's Hockey! (HDTV) (Live)				
	406	417	27	net	Skiing FIS Alpine.	MMA Conn	Best Damn Top 50 Special	NHL Hockey Ottawa Senators at Calgary Flames (HDTV) (Live)				
	128	730	28	RDI	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	RDI économie	Le National			
	400	280	30	TSN	(6:30) Curling 2010 Tim Hortons Brier, Draw 17 (HDTV) From Halifax (Live)		SportsCentre	Score Now	NBA Basketball			
	410	403	52	SCR	College Basketball ACC Tournament, First Round: Teams TBA.	World Poker Tour	Oper. Repo	Ghost Hunters International	Destin. Truth			
	411	457	56	OLN	Ghost Hunters	Destination Truth	Bullrun (HDTV) (N)	Pass Time				
	554	544	48	TEL	Stoked	Total Drama	6TEEN	Futurama	King of the Hill			
	557	540	51	FAM	Sonny Chance	Suite Life	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz		
	551	542	65	YTV	iCarly	Prank Patrol	Malcolm	Hates Chris	8 Simple Rules	What I Like		
	570	580	29	MM	The Daily Fix	Ranked!	The First 48 (HDTV) (N)	mmtop10.ca	The First 48 (HDTV) (N)			
	515	520	31	A&E	The First 48 (HDTV)	Stephen Chow	Police Women of Maricopa	Police Women of Maricopa	LA Ink (HDTV) (N)			
	628	584	32	SPKE	Kung Fu Hustle *** (2004, Action)	Envoys special	Police Women of Maricopa	Geopolitis	Humanima	Hors série		
	521	560	34	TLC	LA Ink (HDTV)	A Sister's Secret (2009, Suspense) Alexandra Paul	Innovators	Writers	Flirting With Disaster *** (1996, Comedy) Ben Stiller			
	145	761	35	TV5	Plus belles baies	Dirty Jobs "Tofu Maker"	Reba	Reba	According/Jim	Home Improve.		
	616	521	39	SHO	Relic Hunter	PhotoXplorers	Reba	Reba	According/Jim	Home Improve.		
	520	505	42	DIS	Daily Planet (N)	Amer. Funniest Home Videos	Reba	Reba	According/Jim	Home Improve.		
	575	583	43	CMT	Rich Bride Poor Bride	22 Minutes	College Basketball SEC Tournament, First Round: Teams TBA.	College Basketball SEC Tournament, First Round: Teams TBA.	College Basketball SEC Tournament, First Round: Teams TBA.			
	601	562	45	SNC	Stargate Atlantis	Property Virgin	Holmes Inspection	House-Bryan	Real Renos (N)			
	620	564	49	H&G	House Hunters	Star Trek: Voyager	Caprica	Buried	Buried			
	581	566	53	MTV	Peak Season	Cribs	Cribs	Buried	Buried			
	518	524	54	TROP	Reality	Whatever	Family Guy	Family Guy	Family Guy			
	522	506	55	HIS	Pawn Stars	Pawn Stars	Ancient Discoveries	Ancestors	Ancestors			
	128	773	60	CD	Biographies "Adam Sandler"	Docu-D "Dino Lab" (HDTV)	Gangland (HDTV) (SC)	Scènes de crime (HDTV)	S O S (HDTV)			
	261	394	61	V	Murder, She Wrote	On the Buses	Watchtower	Confidential	Confidential			
	602	567	62	W	Supernanny	Love It or List It	Flame	Moose TV	The Matrix *** (1999, Science Fiction)	Keanu Reeves, Laurence Fishburne		
	269	500	70	APTN	Wopos Bay	By the Rapids	The Ellen DeGeneres Show (N)	The Dr. Oz Show (N)	TMZ			
	621	527	71	TLK	Look-A-Like	TMZ	Restaurant Makeover	Extreme Cuisine, Jeff Corwin	Ace of Cakes			
	603	561	95	FN	Ricardo	Chuck-Day Off						

critics'corner**CSI: Crime Scene Investigation**

When a boy is murdered, Langston and Willows (Laurence Fishburne, Marg Helgenberger) and their colleagues uncover evidence that could link his death to an old, recently resurfaced case. Capt. Jim Brass (Paul Guilfoyle) clashes with high-powered attorney Lynn Stagner (guest star Faith Prince). George Eads also stars in the new episode "Neverland." 7 PM on 7 CTV, 104 CTV

**Cutthroat Island**

Remember when they were filming the first "Pirates of the Caribbean" movie, and everyone thought Disney had lost its mind? This is the movie people pointed to as evidence. Geena Davis stars as the daughter of a slain pirate captain who seeks the missing part of a pirate treasure map while avoiding her pirate uncle (Frank Langella). There's even a cute pirate monkey. Arrrrrr! Matthew Modine also stars. 9 PM on 61 V



Kate Gosselin shed her \$7,000 US hair extensions on Wednesday, her stylist Ted Gibson told Radaronline. Gibson explains that he'll put Gosselin's extensions back in — featuring new, multiple shades of blonde — on Thursday, usmagazine.com reports. **METRO NEWS SERVICES**

Celebrity Buzz

Farrah not forgotten

JUST NOT ENOUGH FILM WORK TO MAKE HER OSCAR-WORTHY

It was no oversight. The executive director of the Academy of Motion Picture Arts and Sciences has apologized to the friends, family and fans of Farrah Fawcett, who was conspicuously omitted from Sunday night's Oscar-event tribute to Hollywood personalities who had died over the past year, people.com reports.

While some agents and publicists, as well

as actors, were included in the memorial, Fawcett, a high-profile star better known for her TV work (who also appeared on the big screen), was not. Neither was Bea Arthur.

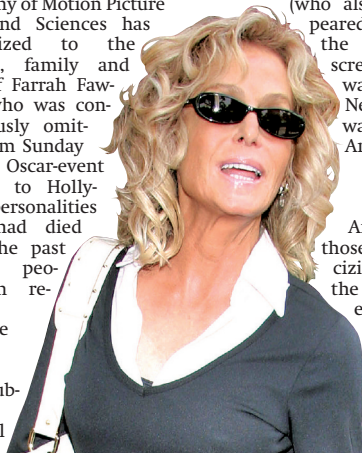
Among those criticizing the Academy for its selective omissions

were critic Roger Ebert and Oscar-winner Jane Fonda.

In response, the Academy's Bruce Davis, who was responsible for the "in memoriam" segment (and has been since the tradition began in 1993), said late Tuesday: "There's nothing you can say to people, particularly to family members, within a day or two of the show that helps at all. They tend to be surprised and hurt, and we understand that and we're sorry for it."

Davis had considered including her, but ultimately felt her "remarkable television work would be more appropriately honoured at the TV Academy's Emmys," which she was.

METRO NEWS SERVICES



Two and half weeks

IN REHAB, LET'S HOPE, MAKE HIM MORE THAN HALF A MAN Charlie Sheen actor is expected to resume filming the comedy show next week, after he completes a stint in rehab for alleged problems with cocaine and alcohol.

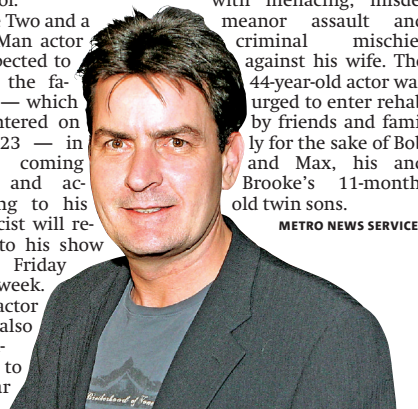
The Two and a Half Man actor is expected to leave the facility — which he entered on Feb. 23 — in the coming days and according to his publicist will return to his show by Friday next week.

The actor is also scheduled to appear

in court on Monday to answer domestic abuse charges stemming from his arrest on Christmas Day last year after a fight with his wife Brooke Mueller.

Sheen has been charged with menacing, misdemeanor assault and criminal mischief against his wife. The 44-year-old actor was urged to enter rehab by friends and family for the sake of Bob and Max, his and Brooke's 11-month-old twin sons.

METRO NEWS SERVICES



Follow these celebrities on Twitter...

CelebTweets

NICK CANNON

isn't worried about his career prospects, **KAT DENNINGS** is already over it, and **ASHTON KUTCHER** is concerned about his appearance.

@NickCannon

If I get fired, I still got like 17 other jobs LOL. It's all about the principal of the art! I am a comedian, people need to relax!

@OfficialKat

On a scale of 1-10, please rate how sick you are of being sent the new OK Go video

@aplusk

Time for a hair cut. I'm starting to look like Justin Bieber

METRO NEWS SERVICES



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Looking for roles in all the right places

GLITTER IS DEAD BUT NOT SOON FORGOTTEN Mariah Carey is looking to keep her acting career going, and she hopes her future films are more like Precious than her famous flop, Glitter, she tells E! News.

"I'm going to try to be careful about what I do," she says.

"You've got to work with people who bring you to another level, and you have to surround yourself with people you can fully give yourself to."

So who does she think can do that for her?

Woody Allen.

"I've never met him, but Bullets Over Broadway is one of my favourite movies ever," Carey says.

"I can quote every word. I think it's amazing."

METRO WORLD NEWS



Still crazy (in love) after all these years

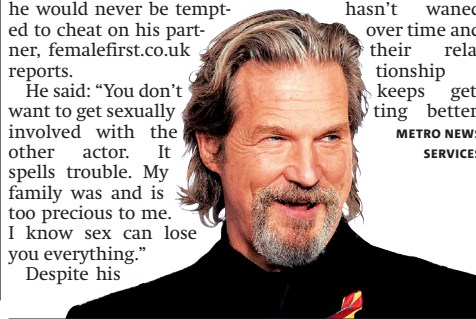
WE SHOULD ALL BE SO LUCKY Jeff Bridges, 60, who has been married to his wife Susan for 33 years, claims sex can ruin a person and he would never be tempted to cheat on his partner, femalefirst.co.uk reports.

He said: "You don't want to get sexually involved with the other actor. It spells trouble. My family was and is too precious to me. I know sex can lose you everything."

Despite his

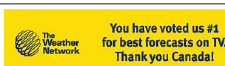
lengthy union with Susan Bridges — who won the Oscar for Best Actor for his role in Crazy Heart on Sunday — insists their passion hasn't waned over time and their relationship keeps getting better.

METRO NEWS SERVICES

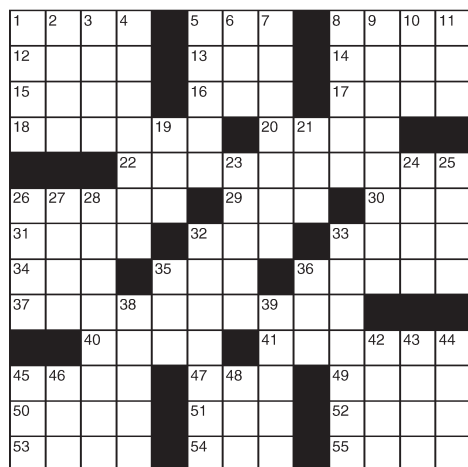




TWN incorporates MSG data

For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

1 Transmit
5 One of the kin
8 Actor Nicolas
12 Mimicry specialist
13 Dove's call
14 Family business abbr.
15 "Arrivederci"
16 Whatever amount
17 Aberdeen resident
18 Move down the computer screen
20 Huge financial loss
22 Hypocritical respect
26 Encrypted
29 Scenery chewer
30 Promise
31 Very dry
32 Noise
33 Part of N.B.
34 Corral
35 Gun the engine
36 Riddle

37 Buyer of canines?
40 Loafer, e.g.
41 Lecture hall
45 Practice pugilism
47 "The Greatest"
49 Approximately
50 Quiz answer
51 Afternoon social
52 Layer
53 Days gone by
54 Despondent
55 Gull's cousin

DOWN

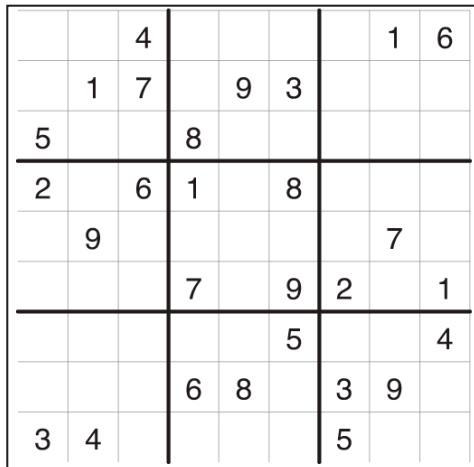
1 Pouches
2 39-Down, e.g.
3 Approach
4 Slobbered
5 Resell for a big profit
6 Charged bit
7 Tofu source
8 Katie Couric's employer
9 Document repository
10 Sticky stuff
11 NYC hrs.

19 Cover
21 Branch
23 Hindu god of destruction
24 Scoop holder
25 Basin accessory
26 P.D. rank
27 Sandwich cookie
28 Barney, for one
32 Triumphs over
33 Refuse to buy
35 Pi follower
36 Use a crowbar
38 A crowd?
39 Trojan War story
42 Pennsylvania port
43 Addict
44 Early time, in verse
45 Pigs' digs
46 Expert
48 Grazing land

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

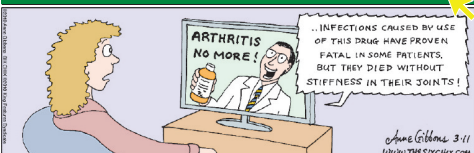


PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



3	4	1	7	8	5	9	6	2
5	7	6	2	9	4	8	1	3
2	9	8	3	6	1	4	5	7
1	8	2	5	3	7	6	9	4
9	3	4	1	2	6	5	7	8
7	6	5	8	4	9	3	2	1
4	1	3	6	5	2	7	8	9
8	5	7	9	1	3	2	4	6
6	2	9	4	7	8	1	3	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



Easy Pizza Soup

INGREDIENTS:

15 ml (1 tbsp) vegetable oil
500 ml (2 cups) sliced white mushrooms
2 cloves garlic, minced
1 onion, chopped
5 ml (1 tsp) dried Italian herb seasoning
1 sweet red pepper, chopped
1 can pizza sauce
550 ml (2 1/4 cups) water
3 tomatoes, chopped
125 ml (1/2 cup) diced ham
175 ml (3/4 cup) croutons
175 ml (3/4 cup) shredded mozzarella cheese

METHOD:

1. In a large pot, heat oil over medium heat. Stir in

mushrooms, garlic, onion and seasoning; cook for 5 minutes or until vegetables are softened.

2. Stir in red pepper, pizza sauce and water; bring to a boil. Stir in tomatoes and ham; reduce heat, cover and simmer for 10 minutes or until flavours have blended. (Make ahead: Let cool, cover and refrigerate for up to 2 days.)

3. Divide croutons among bowls; spoon soup over top. Sprinkle with cheese.

SERVES 4

THE ASSOCIATED PRESS

Horoscopes by Sally Brompton sallybrompton.comFor Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20



Take a risk if you must but make sure you have a fall-back plan if things don't work out the way you hope.

LIBRA

SEPT 23-OCT 23



With Venus at right angles to power planet Pluto today disputes of one sort or another are more likely or not.

TAURUS

APRIL 21-MAY 21



With Venus, your ruler, squaring up to Pluto power games are likely over the next 24 hours, but you don't have to play them.

SCORPIO

OCT 24-NOV 22



If a friend or colleague tells you something in confidence today you must not immediately tell everyone else about it.

GEMINI

MAY 22-JUNE 21



Today's challenging aspects will remind you that you cannot possibly do everything yourself – nor should you want to.

SAGITTARIUS

NOV 23-DEC 21



With Mars on your side you won't hesitate to take the fight to the enemy. Who might that be? Anyone who challenges your right to act independently.

CANCER

JUNE 22-JULY 22



If you have encroached on someone's territory you must accept the fact that you are in the wrong and make amends quickly.

CAPRICORN

DEC 22-JAN 20



Pluto in your sign makes you somewhat pugnacious, so take care you don't say or do things that upset the people who mean the most to you.

LEO

JULY 23-AUG 23



Do you wait to see how a situation develops or do you act and try to head off a potential disaster? Only you can decide.

AQUARIUS

JAN 21-FEB 18



Don't try to be someone you have no need to be. It's okay to have role models but it's not okay to imitate them in every way.

VIRGO

AUG 24-SEPT 22



No matter how much it pays, if your heart is not in the job you are advised to give it a miss.

PISCES

FEB 19-MARCH 20



Dig around in areas that some people say are too weird to be taken seriously.

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This day in history

1848 – Louis-Hippolyte Lafontaine and Robert Baldwin become the first Prime Ministers of the Province of Canada to be democratically elected under a system of responsible government.

1864 – The Great Sheffield Flood: The largest man-made disaster ever to befall England kills over 250 people in Sheffield.

1985 – Mikhail Gorbachev becomes the Soviet Union's leader.

1999 – Infosys becomes the first Indian company listed on the NASDAQ stock exchange.

2006 – Michelle Bachelet is inaugurated as first female president of Chile.

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Introducing 16 apps that need no introduction.

Nike Master Control

Free • Looking to improve your soccer skills this year? This elite Nike training app features instructional videos from FC Barcelona coaches. Get tips on ball control, see drills the pros use and even learn some of their signature moves.

Maclean's

Free • The only national news magazine now fits in your pocket. Read selected articles, opinions and blogs, and get the Maclean's perspective on all the issues facing the country.

CBC Hockey

Free • The home of hockey brings you live box scores for the whole NHL schedule, as well as standings and stats for every team and player. Now you can always be on top of your game.

Avis

Free • Get the car you want, when you want it from the car rental service that "tries harder." Easily check real-time availability, make on-the-fly reservations and enjoy access to special rates.

Disney

Free • The largest and most loved entertainment company in the world brings you games, videos, a radio station and more. You can even create a photo of yourself with favourite characters from the Disney movies.

Air Canada

Free • The country's largest airline, at your fingertips. Receive notifications about any changes to your flight, check in and choose your seats – all before you get to the airport.

NFB Films

Free • The National Film Board brings you hundreds of movies – for free. Watch award-winning animations and documentaries right now, or store on your iPhone and view off-line.

LEGO

Free • Enjoy the iconic building toy right on your iPhone. Take a picture, tap the screen and see the image transform itself into Lego bricks before your eyes. Save to your photo library or send to friends and relatives.

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Free • Before you hit the slopes, pocket this comprehensive resort guide from The North Face. Get trail maps, forecasts, check current snow conditions – from St. Anton to Zermatt.

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It's amazing who's on the iPhone these days, from Air Canada to Disney, BMW to The North Face. There are over 140,000 apps for just about anything, only on the iPhone.

Bell

Apple iPhone 3G